

## **North Carolina Cooperative Extension - Catawba County Center**

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PO Box 389 ☐ Newton, NC 28658 ☐ 828-465-8250 ☐ Fax : 828-465-8428

### **TAKING CARE: A FREE WORKSHOP FOR FAMILY CAREGIVERS**

Contact:       Glennie Daniels  
                     828-465-8250

Newton, NC—According to information provided by AARP, more than 30 million households are providing care for an adult over the age of 50, and that number is expected to double over the next 25 years. As the nation grows older, the need for caregiving will be as common as the need for child care.

In Catawba County many people are or will become family caregivers. Having a caregiving plan is a very important strategy in successful family caregiving.

NC Cooperative Extension in Catawba County will provide the opportunity to create a plan and talk about caring for aged loved ones. Taking Care, a free workshop for family caregivers, will be offered on Tuesday, November 1 from 1-4 p.m. at the Agricultural Resources Center AT 1175 South Brady Avenue in Newton.

Participants will learn ways to prepare for a more successful caregiving experience, how to use music to reduce stress, how to locate valuable resources, and activities for the care recipient. There will be healthy snacks, relaxation, networking, and guest speakers. A resource packet will be available for the first 20 people who register.

Registration is required by October 28 and can be accomplished by calling 828-465-8240 or emailing [Glennie\\_daniels@ncsu.edu](mailto:Glennie_daniels@ncsu.edu).

